

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1-13. (cancelled)

14. (currently amended) A system for facilitating control of body weight, said system comprising:

a computer;

~~software executing on said computer for receiving~~ said computer stores a software program having instructions causing the computer to receive a profile from a user, the profile including initial body weight;

~~software executing on said computer for determining~~ said computer stores a software program having instructions causing the computer to determine an initial time-based plan as a function of the profile received from the user to facilitate control of body weight;

~~software executing on said computer for selectably presenting~~ said computer stores a software program having instructions causing the computer to selectively present to the user the time-based plan for facilitating control of body weight, wherein the time-based plan comprises the following two options:

(a) a time-based structured meal plan schedule being a meal plan schedule automatically based on at least one component of the initial personal profile; and

(b) a time-based non-structured meal plan schedule being a meal plan schedule based upon food selections received from the user;

~~software executing on said computer for providing~~ said computer stores a software program having instructions causing the computer to provide the user a

mechanism by which the user selects between the two options presented to the user;

~~software executing on said computer for receiving~~ said computer stores a software program having instructions causing the computer to receive an indication from the user indicative of whether the user selected the structured meal plan schedule option or the non-structured meal plan schedule option; and

~~software executing on said computer for modifying~~ said computer stores a software program having instructions causing the computer to modify the initial time-based plan, in response to the option selected by the user.

15. (cancelled)

16. (currently amended) The system according to claim 14, ~~further comprising software executing on said computer for receiving~~ wherein said computer stores a software program having instructions causing the computer to receive cultural background of the user.

17. (currently amended) The system according to claim 14, ~~further comprising software executing on said computer for receiving~~ wherein said computer stores a software program having instructions causing the computer to receive at least one characteristic associated with the user.

18. (previously presented) The system according to claim 17, wherein the characteristics include at least one of the following: health status, gender, height, age, health restrictions, religion, ethnicity, and blood type.

19. (previously presented) The system according to claim 18, where the health status includes at least one of diabetes and depression.

20. (previously presented) The system according to claim 17, wherein the characteristics include demographics.

21. (previously presented) The system according to claim 14, wherein the modified initial time-based plan is a function of heterogeneous data associated with the user.

22. (previously presented) The system according to claim 21, wherein the heterogeneous data includes user input and predetermined parameters associated with the time-based plan.

23. (previously presented) The system according to claim 21, wherein the user input includes at least one user-defined meal.

24. (currently amended) The system according to claim 14, wherein said ~~software executing on said computer for selectably presenting~~ software program having instructions causing the computer to selectively present to the user the time-based plan for facilitating control of body weight displays the time-based plan for the user to view.

25. (previously presented) The system according to claim 24, wherein the time-based plan is displayed in a calendar related format.

26. (previously presented) The system according to claim 24, wherein the user interacts with said computer using a computing device.

27. (previously presented) The system according to claim 26, wherein the computing device is a hand-held computing device.

28. (previously presented) The system according to claim 14, wherein the profile is received over a network.

29 - 48. (cancelled)

49. (currently amended) A system for forming a meal plan based on a weight control program for a participant, said system comprising:

a computer;

~~software executing on said computer for receiving~~ said computer stores a software program having instructions causing the computer to receive an initial personal profile indicative of characteristics of the participant;

~~software executing on said computer for establishing~~ said computer stores a software program having instructions causing the computer to establish a daily food consumption goal for the participant based on the initial personal profile;

~~software executing on said computer for selectably presenting~~ said computer stores a software program having instructions causing the computer to selectably present to the participant a time-based plan for facilitating control of body weight, wherein the time-based plan comprises the following two options:

(a) a time-based structured meal plan schedule being a meal plan schedule automatically based on at least one component of the initial personal profile; and

(b) a time-based non-structured meal plan schedule being a meal plan schedule based upon food selections received from the participant;

~~software executing on said computer for providing~~ said computer stores a software program having instructions causing the computer to provide the user a

mechanism by which the user selects between the two options presented to the user;

~~software executing on said computer for receiving said computer stores a software program having instructions causing the computer to receive an~~ indication from the participant indicative of whether the participant selected the structured meal plan schedule option or the non-structured meal plan schedule option;

~~software executing on said computer for forming said computer stores a software program having instructions causing the computer to form,~~ if the indication received from the participant indicates that the participant selected the structured meal plan option, a time-based meal plan schedule automatically based on at least one component of the initial personal profile, the meal plan schedule being consistent with the daily food consumption goal and utilizing foods having values associated therewith;

~~software executing on said computer for forming said computer stores a software program having instructions causing the computer to form,~~ if the indication received from the participant indicates that the participant selected the non-structured meal plan option, a time-based meal plan schedule based upon food selections received from the participant, the meal plan schedule being consistent with the daily food consumption goal and utilizing foods having values associated therewith; and

~~software executing on said computer for providing said computer stores a software program having instructions causing the computer to provide~~ the time-based meal plan schedule to the participant.

50. (currently amended) The system according to claim 49 wherein the meal plan schedule is alterable, and ~~further comprising wherein:~~

~~software executing on said computer for receiving~~ said computer stores a software program having instructions causing the computer to receive a modification to the alterable meal plan schedule; and

~~software executing on said computer for applying~~ said computer stores a software program having instructions causing the computer to apply the modification to the alterable meal plan schedule.

51. (previously presented) The system according to claim 49 wherein the meal plan schedule is formed utilizing pre-established food combinations having predetermined values associated therewith.

52. (currently amended) The system according to claim 49, ~~further comprising~~ wherein:

~~software executing on said computer for receiving~~ said computer stores a software program having instructions causing the computer to receive an updated characteristic associated with the participant; and

~~software executing on said computer for automatically altering~~ said computer stores a software program having instructions causing the computer to automatically alter the meal plan schedule based on the updated characteristic.

53. (previously presented) The system according to claim 52, wherein the updated characteristic includes the current weight of the participant.

54. (previously presented) The system according to claim 49, wherein the foods utilized to form the meal plan schedule are selected from a predetermined set of foods.

55. (previously presented) The system according to claim 54, wherein the predetermined set of foods is composed of a pre-established set of foods and a user supplied set of foods.

56. (previously presented) The system according to claim 55, wherein the pre-established set of foods include foods prepared by consumer restaurants.

57. (previously presented) The system according to claim 55, wherein the pre-established set of foods include branded foods.

58. (previously presented) The system according to claim 54, wherein at least some of the predetermined set of foods are meals.

59. (previously presented) The system according to claim 49, wherein said receiving and presenting are performed over a network.

60. (previously presented) The system according to claim 59, wherein the network is the Internet.

61. (currently amended) The system according to claim 49, ~~further comprising~~  
wherein:

~~software executing on said computer for generating said computer stores a~~  
software program having instructions causing the computer to generate a  
shopping list based on the meal plan schedule.

62 - 75. (cancelled)